

# Health & Wellness *solutions*

## Phoenix JCC Turns TEAP into an Outdoor Adventure

For the past two years, Patrick Varney, TEAP Specialist at the Phoenix JCC, has led a very popular substance abuse prevention activity. In an effort to teach students who have been enrolled in TEAP how to have fun while clean and sober, "TEAP Phoenix" has been conducting monthly outings through Bumble Bee Adventure Outing.

These outings promote healthy lifestyle changes for those students who suffer from substance-related issues. Students selected to attend the outing have good attendance in TEAP, participate actively in the program, and are thought to be motivated to change.

The outings are open to students who are currently enrolled in TEAP and also those who have completed the program, providing a comprehensive relapse-prevention program.

During the outing, students and chaperones participate in horseback riding, a Hummer trail ride, rope skills, cow-person activities, ranch animal feeding, and basic horse care. They have two ranch-style meals and top the day off with s'mores by the campfire.

Mr. Varney says, "I have watched the stress melt away for the students and staff alike. Students that have been on this trip together have a continuing lasting bond." Students leave the outings feeling refreshed. After a recent outing, a student said "It was like a mental break."

*(continued on next page)*

### Inside this issue

Outdoor Adventure .....	1
Relapse Prevention.....	3
Health Observances.....	4
In the News .....	4
Free Health Newsletters .....	4
Upcoming Webinars .....	5
New on the Job Corps Web ....	5





---

*“... It was like a mental break.”*

---

During the next scheduled TEAP group, Mr. Varney debriefs with students for 15-20 minutes. During this debriefing, students are asked to fill up a white board with other fun activities that they can do while sober. Mr. Varney uses this activity to address common reasons for relapse, including when students say “I was bored” or “It’s just what I always do.”

These trips have boosted TEAP’s image on center. Mr. Varney feels that continuing aftercare/relapse prevention helps students stop seeing TEAP as a punishment. Students are excited to go on these trips and want to stay involved in TEAP after their mandatory 45-day period.



## Looking at Relapse Prevention in a Different Light



— *Christy Hicks, LCADC/CSW, Regional TEAP Specialist*

Relapse prevention is a process, not an event. A comprehensive TEAP program ensures students receive care both immediately following a positive drug test and throughout their stay in Job Corps in order to prevent relapse. This article discusses the three stages of relapse and how center staff can provide a positive relapse prevention program.

The stages of relapse include:

1. **Emotional relapse:** During this phase, the student is not using drugs or even thinking about using drugs, but is showing emotions and behaviors that will likely lead to relapse. Some signs of an emotional relapse are anxiety, anger, defensiveness, isolation, not asking for help, and not eating or sleeping normally.
2. **Mental relapse:** During this phase, the student is thinking about using alcohol or drugs. Signs of a mental relapse are thinking about people and places associated with past drug use, lying, isolating, and talking about past drug use.
3. **Physical relapse:** During this phase, the student actually uses drugs or alcohol.

### Three Stages of Relapse

1. Emotional
2. Mental
3. Physical

The purpose of relapse prevention is to stop students from moving through these stages (or prevent the emotional relapse to begin with!). Centers can achieve this through a comprehensive, well thought out relapse prevention program.

Relapse prevention is often thought of as a formal group meeting. While a group meeting may be a component of relapse prevention, it is far from the only way to meet the requirement to address relapse prevention with students.

Anger management classes for someone in the emotional relapse stage can help them find coping skills and effective means to manage displaced anger. This may stop them from moving on to the mental relapse phase. Recreational dances, trips (like the outing described on page 1), and social events can all assist in decreasing isolation of someone moving towards a relapse. Having a recreational component to your center's TEAP can help students not only to be physically healthy but emotionally healthy as well.

Each center already offers recreational and educational activities that encourage students to remain drug free. By integrating these activities into relapse prevention programming and addressing the issues that lead students to initially use substances, students may remain engaged in the TEAP for longer with more substantial life-changing results.

## Health Observances

### April

- Alcohol Awareness Month  
April 1 – 30  
[www.ncadd.org](http://www.ncadd.org)
- Sexual Assault Awareness and Prevention Month  
April 1 – 30  
[www.rainn.org](http://www.rainn.org)
- National Youth Violence Prevention Week  
April 3 – 9  
[www.nationalsave.org](http://www.nationalsave.org)

### May

- Melanoma/Skin Cancer Detection and Prevention Month  
May 1 – 31  
[www.spotskincancer.org](http://www.spotskincancer.org)
- Mental Health Month  
May 1 – 31  
[www.mentalhealthamerica.net/go/may](http://www.mentalhealthamerica.net/go/may)
- Food Allergy Action Month  
May 1 – 31  
[www.foodallergy.org/food-allergy-awareness-week#.U8QvM140caU](http://www.foodallergy.org/food-allergy-awareness-week#.U8QvM140caU)

### June

- Men's Health Month  
June 1 – 30  
[www.menshealthmonth.org](http://www.menshealthmonth.org)
- National Safety Month  
June 1 – 30  
[www.nsc.org/act/events/Pages/national-safety-month.aspx](http://www.nsc.org/act/events/Pages/national-safety-month.aspx)

## In The News

Get Connected with SAMHSA's new **FREE** Mobile Apps. Visit: <http://www.store.samhsa.gov/apps/> to download:

- Suicide Safe: Suicide Prevention App for Health Providers
- SAMHSA Disaster App: The Emergency Behavioral Response App
- Know Bullying: Bullying Prevention App

With the New Year, the National Institute of Mental Health (NIMH) has new and updated information on various mental disorders available to order for **FREE!**

Learn more about mental disorders like depression, schizophrenia, bipolar disorder, and others with our brochures, booklets, and e-books. Visit: <http://bit.ly/cJw5AM>



## Free Health Newsletters

Sign up for free health newsletters to get updates on immunizations, general health, oral health, and alcohol and drug abuse delivered straight to your inbox.

- IAC Express  
<http://www.immunize.org/express/>
- Mayo Health Clinic Online Edition  
<http://healthletter.mayoclinic.com/index.cfm>
- National Institute on Alcohol Abuse and Alcoholism (NIAAA) Spectrum  
<http://www.spectrum.niaaa.nih.gov>
- National Institute on Drug Abuse  
<https://www.drugabuse.gov/international/e-news-archives>
- Needle Tips  
<http://www.immunize.org/nt/>
- NIH News in Health  
<https://newsinhealth.nih.gov/home>
- Oral Health America's eNewsletter  
<https://oralhealthamerica.org/press/enewsletters/>
- Vaccinate Adults  
<http://www.immunize.org/va/>

## Upcoming Webinars

### April

- A Team Approach: Managing The Oral Health and Wellness Program  
April 14, 2016
- Personality Disorders  
April 26, 2016

### May

- Center Mental Health Consultant Orientation  
May 11, 2016
- Hot Topics in Health and Wellness: How Much Can You Share?, Essentials of Charting, and Community Connections  
May 20, 2016

### June

- Solutions for Gaps, Tricky Root Tips, and Classroom Presentations  
June 16, 2016

## New on the Job Corps Web

### PRH Change Notices

- PRH Change Notice 15-10 Policy and Requirements Handbook (PRH) Chapter 5, Section 5.2, R4; Exhibit 5-3; Chapter 6, Section 6.12; and Exhibit 6-5  
Release Date: March 8, 2016
- PRH Change Notice 15-09 Policy and Requirements Handbook (PRH) Revision to Exhibit 3-1, Infraction Levels, Definitions, and Appropriate Center Actions, and Corresponding Chapter, Exhibit and Appendix Changes  
Release Date: February 4, 2016

### Information Notices

- IN 15-27 Board of Nursing Regulations, Nurse Practice Acts, Pharmacy Practice Acts, and Scopes and Standards of Practice  
Release Date: January 28, 2016

### Program Instructions

- PI 15-11 Revised Injury Reporting/Recordkeeping Requirements, Upcoming Transition from SHIMS to ECOMP, and Mandatory Conference Call  
Release Date: January 11, 2016
- PI 15-10 Posting Occupational Safety and Health Administration (OSHA) Form 300A, Summary of Work-Related Injuries and Illnesses  
Release Date: January 11, 2016

### Desk Reference Guides

- CMHC Desk Reference Guide — March 2016

Directives and DRGs can be found here: <https://supportservices.jobcorps.gov/health/Pages/Documents.aspx>

### Webinars

- Relapse Prevention 101 — March 17, 2016
- Medication Management: Managing the Medicine Cabinet on Center — March 9, 2016
- Supporting Students with Mental Health Conditions in Job Corps, Part 1: Schizophrenia Spectrum and Other Psychotic Disorders — March 2, 2016
- Practicing Within Your Scope: State Practice Acts for Nursing and Medical Professionals — February 10, 2016
- Preparing for a ROCA: Health and Wellness Common Concerns and Tips — February 4, 2016
- The Basics of Safely Using ADHD Medication with Job Corps Students — January 26, 2016

Webinars can be found here: <https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx>